



Training Course	Date of Course	Location	Time	Closing date for Applications
safeTALK	Wednesday 20 <sup>th</sup> September 2017	Child Wellbeing Centre, Castleblayney <a href="#">Link to map of location</a>	9.30 a.m. – 1.00 p.m.	Friday 8 <sup>th</sup> September 2017
safeTALK	Wednesday 11 <sup>th</sup> October 2017	Clones Family Resource Centre, Clones	6.30 p.m. – 10.00 p.m.	Friday 29 <sup>th</sup> September 2017
safeTALK	Wednesday 18 <sup>th</sup> October 2017	Kilmore Diocesan Pastoral Centre, Cavan <a href="#">Link to map of location</a>	9.30 a.m. – 1.00 p.m.	Friday 6 <sup>th</sup> October 2017
safeTALK	Wednesday 15 <sup>th</sup> November 2017	Child Wellbeing Centre, Castleblayney	9.30 a.m. – 1.00 p.m.	Friday 3 <sup>rd</sup> November 2017
safeTALK	Thursday 30 <sup>th</sup> November 2017	Virginia Show Centre, Virginia, Co. Cavan	9.30 a.m. – 1.00 p.m.	Friday 17 <sup>th</sup> November 2017

Please find enclosed **safeTALK Suicide Alertness Training** application. If you are interested in attending, please complete and return the application form by the deadline noted, indicating your preference for date and location. Places are limited to twenty five participants on each course; therefore preference has to be given to potential participants who are working within the Cavan and Monaghan areas. For information on all co-ordinating sites please visit [www.nosp.ie](http://www.nosp.ie)

It is recommended that anyone who has been bereaved or affected by a suicide within the past 12 months do not attend, as structured training like safeTALK is probably not what they need. For more information and support for persons bereaved or affected by suicide, contact Pieta House on 01-628 2111.

Due to the high demand for places, a received application is not a guarantee of a place on the workshop. Applications need to be submitted by the deadline outlined above. Participants will be offered a place one week before the workshop date.

**Please return completed application forms to:**

Emer Mulligan, Resource Officer for Suicide Prevention, HSE Cavan Monaghan Mental Health Services, Carrickmacross Primary Care Centre, Donaghmoyne Road, Carrickmacross, Co Monaghan.

Email: [emer.mulligan@hse.ie](mailto:emer.mulligan@hse.ie), Tel: 086 1717563.

Yours sincerely

**Emer Mulligan**

Resource Officer for Suicide Prevention  
Cavan Monaghan Mental Health Services



## Guidelines for Individual Applicants

### SafeTALK

#### What is safeTALK?

safeTALK is a half day training programme (3.5 hours) that prepares participants over the age of 18 to identify persons with thoughts of suicide and connect them to suicide first aid resources. These specific skills are called suicide alertness and are taught with the expectation that the person learning them will use them to help reduce suicide risk in their community. Following a safeTALK workshop you will be more willing and able to perform an important helping role for persons with thoughts of suicide.

#### How does safeTALK help prevent suicide?

As a safeTALK trained suicide alert helper, you will be better able to:

- Move beyond common tendencies to miss, dismiss or avoid signs of suicide risk;
- Identify people who have thoughts of suicide;
- Apply the TALK steps (Tell, Ask, Listen & Keep safe) to connect a person with suicidal thoughts to people and agencies that can help.

#### Who should attend safeTALK?

safeTALK is suitable for everyone (over 18 years) who wants to help prevent suicide and is prepared to become suicide alert: front line workers, community workers, volunteers, Gardai, teachers, clergy, parents, concerned citizens etc. However, safeTALK is not suitable for persons or communities that have recently been bereaved or seriously affected by suicide, nor can it be used to teach the complete set of suicide intervention skills.

#### What happens at safeTALK training?

Your safeTALK trainer will demonstrate the importance of suicide alertness and help you identify ways people invite help when they're at risk. Video clips are used which illustrate both non-alert and alert responses. You can expect to leave safeTALK with practical knowledge of how to identify someone at risk and link them to life-saving resources.

**Number of places:** 25

Time keeping is critical. Participants need to attend the full programme (3.5 hours) to receive certification. Participants arriving late and leaving before the programme is complete disrupt the learning process and will not receive a certificate of completion.

All Workshops are dependent on sufficient numbers to proceed. Short listing for each workshop will commence on the closing date. Participants will be offered a place one week before the workshop date.

**All enquiries to:** Emer Mulligan, [emer.mulligan@hse.ie](mailto:emer.mulligan@hse.ie)



**Applications must be completed in Block Capitals by Applicant, not Organisers/Line Managers.  
All fields must be completed otherwise application may not be accepted.**

***Due to the sensitive content of this program it is strongly advised that those bereaved by suicide do not attend this training for at least 1 year after the bereavement.***

**Please specify preferred location & date:** \_\_\_\_\_

**Name (as it will appear on training certificate):** \_\_\_\_\_

Applicants **cannot** send someone else in their place

**Gender:** Male \_\_\_\_ Female \_\_\_\_

**Are you over the age of 18 years:** Yes \_\_\_\_ No \_\_\_\_

**Have you been ASIST trained?** Yes \_\_\_\_ No \_\_\_\_

**Other Suicide Prevention Training to date:** \_\_\_\_\_

**In completing the section below, please be guided by the main reason you are attending this training, e.g. working capacity, role with a voluntary organisation, as a student etc.**

SECTOR (PLEASE TICK ONE ONLY)	ORGANISATION / EMPLOYER (e.g. HSE, TUSLA etc.)	JOB TITLE / ROLE
Health		
Education		
Social work		
Youth work		
Community work		
Justice (e.g. Gardai)		
Defence (e.g. Army)		
Civil service (e.g. Govt dept.)		
Local authority (e.g. County Council)		
Agriculture		
Sports organisation/club		
Unemployed		
Student		

Other (please give details):  
 \_\_\_\_\_  
 \_\_\_\_\_

<b>Work Address :</b> _____ _____	<b>Home Address :</b> _____ _____
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**Email:** \_\_\_\_\_

**Contact phone number(s) (Daytime):** \_\_\_\_\_

**Are you available at short notice (i.e. less than 2 weeks)?** YES \_\_\_ NO \_\_\_

**Please tick to indicate that you understand role play is an essential part of this workshop**

**Have you been affected by self-harm, suicide or any other loss in the last year.** YES \_\_\_ NO \_\_\_

**Briefly outline why are you interested in this course? :** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Please return all completed forms to:**

Emer Mulligan, Resource Officer for Suicide Prevention, Cavan Monaghan Mental Health Services,  
Carrickmacross Primary Care Centre, Donaghmoyne Road, Carrickmacross, Co. Monaghan.

**Email:** [emer.mulligan@hse.ie](mailto:emer.mulligan@hse.ie), **Tel: 086 1717563**